



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • www.town.needham.ma.us
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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MYSTERY MONDAY LUNCHES

Monday June 4, 11, 18

Do you like to eat out? Would you like to meet new people or reconnect with an old friend? Join us on the Mondays listed above for a Mystery Ride in the COA van. You will pay the driver \$5.00 and also for the cost of your meal. Reserve your place by signing up at 781-455-7555. Once a month, Clif takes the group on a dining experience that is out of the ordinary. These are our "Diversity in Dining" excursions. The group has been to a college campus, Brazil, Canada, China, Greece, and more! If you've joined us for a Mystery Lunch any time during the past year, please fill out our survey inquiring **WHAT WAS YOUR FAVORITE MYSTERY LUNCH DESTINATION?** Based on the results of the survey, during the month of July we will return to your top three choices.

OUR FIRST ANNUAL COUNCIL ON AGING AND SENIOR CENTER REGISTRATION DAY

Thursday, June 7th • 9:30 am – 12:30 pm

**Have fun, enjoy the refreshments, and enter your name in a free raffle
for lunch/dinner at a Needham restaurant.**

Each year the Needham Council on Aging and Senior Center is required to submit a report to the Executive Office of Elder Affairs who provides the department with some of our funding. Some information the report asks for is how many residents visit our center and what services and activities bring them here. Thanks to grant funding, we have a new computer system called "My Senior Center" which will make it much easier for you to sign-in. To get started we need to get you registered if you haven't already done so. During registration day we will give you your very own card and you can try out our new computer that sits at the receptionist's desk. This will be a fun morning with refreshments and free giveaway raffles.

FINANCIAL PLANNING AND ELDER LAW SEMINAR

LUNCH AND LEARN

Tuesday, June 12th • 12:00-1:30 pm

Do you have enough money to live on during retirement? Do you have an estate plan? Should you be concerned about probate? Certified Financial Planner Michael Tow and Elder Law Attorneys Roberto Dimarco and Jennifer Walker will answer these and many of your other questions and concerns. Thank you to the presenters for providing lunch!

Sign-up is mandatory as we need to know how many will be coming for lunch.

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM





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ON AGING
Needham

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

DEAR FRIENDS,

It's hard to believe that Spring will soon be a distant memory and summer will be upon us! We have many exciting challenges ahead of us and we would like you to become involved. Our next Friends meeting will be held at the Senior Center on June 12th at 1:30. We are looking for enthusiastic volunteers who would like to help out and get engaged. So come on down and join our meeting! Don't forget with the summer upon us, the Friends Annual meeting and Ice Cream Social will be right around the corner. Details of that meeting will be in the next issue! The Friends are a 501(c) (3) private nonprofit organization whose mission is to support the Needham Council on Aging in its efforts to provide resources, services and activities for Needham's older adults and their families.

Warmest Regards,

Michael

Michael C. Tow, President
The Friends of Needham Elderly
617-734-4400
www.newbostonfinancial.com

DEAR FRIENDS,

As you can see by the wealth of information provided in this month's *Compass*, the Stephen Palmer Senior Center will be very busy this spring! One of the things that has kept the staff hopping in April and May is the introduction of our new computer generated sign-in system called "MySeniorCenter." The feedback from our participants has been positive. We have been told that it makes it easier to sign up for programs since the daily "offerings" are displayed in a visual format for the user. Many thanks to Penny and all of the wonderful receptionists who have been on hand to help in the process. For those of you who have not been registered to use the system please come by and see us.

I want to reiterate that the staff makes every effort to respond to your varied areas of interest and need. This is evidenced in the variety of programs being offered at the senior center and throughout town this spring. It is also evidenced by the amount of individuals we provide information and social service to in the community.

Happy Spring to All,

Jamie

VOLUNTEER OPPORTUNITY

4TH OF JULY PARADE

As town residents gathered in May for our Annual Town Meeting, we have started to plan for the next major gathering which will be the Town's Annual 4th of July Celebrations.

Please call Penny at the Needham Senior Center, 781-455-7555 to sign up to be part of the COA participation in the Fourth of July Parade.

SHINE UPDATE

MEDICARE: A CHANGING HEALTHCARE SYSTEM

WHERE CAN YOU GO FOR HELP?

Health Insurance Information The SHINE Program (Serving the Health Information Needs of Elders) provides free, confidential health care information, assistance and counseling to elders and other Medicare beneficiaries. Volunteer health benefit counselors are trained and certified by the Executive Office of Elder Affairs and provide assistance at Councils on Aging (COA). Call your local COA for a SHINE appointment.

Prescription Drugs The SHINE Program can provide information and assistance to help you access your prescription benefits. Call your local COA for a SHINE appointment. At MassMedLine, a trained staff of pharmacy professionals will answer your questions about your prescription medicines over the phone (1-866-633-1617 toll free) from 8AM to 6PM Monday to Friday. For online information, visit the web site at www.massmedline.com.

Quality of Care Complaints MassPRO (Massachusetts Peer Review Organization) is an organization of doctors and nurses who contract with Medicare to review hospital discharge decisions. If a Medicare beneficiary feels that he/she is not ready for discharge, he/she should call MassPro at 1-800-252-5533. If the beneficiary does not agree with the discharge plan, he/she should contact the Advocacy Office of the Massachusetts Department of Public Health at 1-800-462-5540. Call MAP, The Massachusetts Medicare Advocacy Project, at 1-800-323-3205 for help in protecting your Medicare rights. If you need help with any aspect of your health insurance (Medicare), call your local Senior Center and ask for a SHINE appointment. You can reach a SHINE counselor by phone at 1-781-453-8076.

DID YOU KNOW?

THE CHARLIECARD is a 'smart card' that stores value for single or multiple-rides and/or a T-Pass. You load the card with value or a T-Pass using cash, credit or debit cards, or even T-Tokens. Once you add value or a T-Pass to your card, you tap your card on the card target at fare gates or onboard vehicles and the new system deducts value from your card accordingly.

GET THE NEWS FIRST!

Join our E-mail list

Save paper and receive the Compass monthly via e-mail. To add your name to our growing list, simply e-mail us at: Seniorcenter@town.needham.ma.us

DONATIONS RECEIVED

The Friends of the Needham Elderly, Inc. would like to thank the following individuals, who have made monetary donations above and beyond membership dues. Your generosity is truly appreciated.

- | | | | | |
|---------------------------|--------------------------------|-------------------------|--|--|
| • Eudoxie Cadeau | • Mr. & Mrs. Leon Foster | • Mary P. Noble | • Madeline Buttrick in memory of Anya Zalesky, Mary Burke and Zofia Kobzik | • Helen Lee in memory of Zofia Kobzik |
| • Ann Fierimonte | • Mr. & Mrs. Donald D. MacPhee | • Charles Schwartz | | |
| • Mr. & Mrs. Joseph Foley | | • Mr. & Mrs. Burt Stern | | • Ken Monteith in memory of Dr. and Mrs. J.D. Monteith |
| | | • Mrs. Ruth Stitt | | |

NEEDHAM COA DONATIONS

- Leo Treggiari
- Metro Total Care-Griswold
- Vangelina Miragaeas

In Kind Donations

- Starbucks for our daily supply of treats.
- Friendly's for donating ice cream.
- New Pond Village for sponsoring our "It's Friday Entertainment Live Program".

VOLUNTEER OPPORTUNITIES

100 SMALL GIFTS, 1000 SMILES

Have fun while brightening the day of poor children and families in Lima, Peru! Father Patrick Amano's trip with St. Joseph's students will bring small items to the poor children and families of Lima, Peru. Your donation of the following items will bring joy to many. Here are some suggested items that are needed:

- Small Kleenex package
- Holy card, small rosary or medal
- Small note pad
- Colored scarf or handkerchief
- Jewelry (pins to be put on cards)
- Small toy and/or little doll (needs to be very small in size)
- Small set of colored pencils
- Bookmark with fun/pretty stickers
- New or used greeting cards
- Be creative, have fun

Please bring your items to the Needham Senior Center, 83 Pickering Street, Needham, by June 21, 2007. For more information call Sherry at the Needham Senior Center, 455-7555.

ARE YOU A NEAT FREAK OR JUST LIKE THINGS TO BE TIDY?

We need your assistance on Monday, Tuesday, and Friday afternoons anytime from 3:30pm – 4:15pm to help close the Senior Center. Specifically, put snacks away, and tidy up. This is the ideal volunteer job for one day, a couple of days or five days a week. Get active and serve your community in this small way and make a big difference. Please contact Penny Gordon at, 781-455-7555 ext. 205, please leave a voice message.

START FISHING FOR HEALTH

WHICH FISH SHOULD I EAT?

Thursday, June 7th • 11:00 am

The emphasis of this talk will be on the benefits of omega-3 fatty acids, including the best food sources and the recommendations of the American Heart Association. Easy and tasty recipes will be given to help you prepare your fish tonight.

MBTA PASSES TO BE ISSUED AT THE NEEDHAM SENIOR CENTER

Monday, June 11th • 1-4 pm

If you are age 65+, or a person with a disability, you qualify for an MBTA reduced fair card. This card offers reduced fares when riding the MBTA trains or buses. Anyone who does not currently have a reduced fare card is welcome to obtain one at this event. Please bring an I.D. with proof of age. The MBTA staff will be on hand to take your photograph for your MBTA I.D. The card will be provided to you free of charge. For more detailed information contact the MBTA office at (617) 222-5438. There is no sign-up or fee for this event.

IT'S FRIDAY ENTERTAINMENT LIVE, WITH THE GOLDEN TONES

Friday, June 8th • 1:30-2:30 pm
Sign up required

The Golden Tones Senior Chorus presents a special Gala performance, "Let There Be Music: Singing into Our 20th Year". This concert launches the Golden Tones' 20th Anniversary Season with music and skits from Kiss Me Kate, Gilbert and Sullivan, Irving Berlin, and other music appropriate to the event's theme. The Golden Tones, with 60 members representing 11 Metrowest communities perform over 50 concerts a year. They were recently honored by the National Endowment for the Arts who featured the program among its "Best Practices" which accompanies its study, "Creativity and Aging."

TAI CHI FOR BEGINNERS

Mondays • 9-10 am

Please call the Senior Center for dates

J. SCOTT BRUMIT has been studying various forms of martial arts since 1983. Tai Chi Chuan (or T'ai Chi Chuan, Taijiquan) is a slow-motion, moving, meditative exercise for relaxation, health and self-defense. Originally from China, Tai Chi has gained enormous popularity throughout the world for its health benefits. No experience is necessary. Wear loose, comfortable clothing. Fee for the 8-week course is \$32.00.

READING COMES ALIVE

Wednesdays, June 6, 20, 27
1:30-2:30 pm

Location: Needham Senior Center

Ms. Sylvia Elvin is a retired actor and has been in numerous plays. She has a wonderful voice and will read aloud from variety of books. Please bring your ideas of books that you would like her to read in the future. There is no fee for this program. For further information please contact the Needham Senior Center at 455-7555.

BALLROOM DANCING

Thursdays • 2:00-3:00 pm

Please call the Senior Center for dates

Location: The YMCA
380 Chestnut Street • Needham

New 4-week class. Cost of the class is \$16.00 for all 4 sessions. Call Sherry Jackson, Associate Director for dates, (781) 455-7555

BETTER BALANCE

Wednesdays • 2:30-3:30 pm

Please call the Senior Center for Dates

Leslie Worris, MPH and President of the Wellness Alliance has taught this course for years and is excellent. During the class Leslie provides each participant with individual attention, helps each person to improve their balance and gain strength. Students continually take the course to better improve their balance and gain more strength. During the class she also teaches about how stress and medication affect balance. Cost of the program is \$40 for an 8-week class. For more information including dates call the Senior Center at (781) 455-7555.

FATHER'S DAY CELEBRATION

Wednesday, June 13th • 1:30pm
Sign-up is mandatory.

Calling all fathers, dads and pops. The Senior Center would like to invite you to a Father's Day treat: a hot fudge brownie ice cream sundae! We will also share with you some sports trivia and a few jokes while you enjoy your homemade sundaes. Please feel free to bring pictures of your father and/or yourself as a young father with your children. To attend you must sign-up as we need to let our bakers know how many homemade brownies to make, please call the Needham Senior Center at (781) 455-7555

HILLSIDE SCHOOL BAND

Monday, June 4th • 1:15-1:45 pm

A variety of solos and ensembles featuring the talent of 15 Hillside Elementary School 5th graders. These young wind players and percussionists were recently featured in a school concert. These children love to perform. Please help support these young musicians by attending their performance at the Needham Senior Center.

THE SENIOR CENTER NEWSLETTER

COMPASS LABELING AND
COLLATING

Tuesday, June 19th • 9:15 am

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

LEAVE THE DRIVING TO US

Did you know that during the month of April, the COA van drivers provided 302 rides in the van from individual's homes to the Senior Center? Or, that 354 trips to the super market for grocery shopping and back home were provided to seniors? Call the Needham Senior Center at 781-455-7555.

SENATOR SCOTT BROWN

June 26th • 10:15 am

Senator Scott Brown or a member of his staff will be available to hear your concerns and answer any questions about State Government you may have.

PROGRAMS AND CLASSES

The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Our greatest attempt is to recruit volunteers to teach or lead programs. Although most of our programs are free, in an effort to bring you the programs that you have been asking for, you will notice that some programs have fees. Please note, if you cannot afford a class, we will always offer scholarships for anyone that cannot afford to attend a class or program.

THERE'S A NEW SENIOR CENTER IN OUR FUTURE!

AND WE'RE
GOING TO NEED A
LOT OF HELP.

By we, we mean the FRIENDS of Needham Elderly. We are the fundraising group responsible for the funding of the Compass, and are the primary group relied upon to raise money for the new senior center. If you are a member, we thank you. If you added a donation, we salute you. If you intended to join, but simply didn't get around to it, we hope this will be a reminder. Please use the form below to join or to renew your membership for 2007.

Friends of the Needham Elderly, Inc. 2007 MEMBERSHIP FORM

Join the *Friends of the Needham Elderly* and help support the many programs of the Needham Council on Aging.

Name: _____

Date: _____

Street: _____

Town: _____

State: _____ ZIP: _____

Membership:
\$25.00 (per household)

Please make check payable to
Friends of the Needham
Elderly, Inc. and mail to:
Friends of the Needham Elderly
83 Pickering Street
Needham, MA 02492

Thank you for your support!

RESOURCES AROUND TOWN

JUNE, KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

June 6th • 10:30am-12:00pm
Seabed's Way Community Room (BOH)

June 6th and 20th • 9am-12pm
Senior Center

June 27th • 10:30am-12:00pm
at the Linden & Chambers Community Room (BOH)

Continued on next page.



COUNCIL
ON AGING
Needham

STEPHEN
PALMER SENIOR
CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR
CENTER
DROP-IN
HOURS:
9:00 am - 4:00 pm
Monday thru Friday

COA MOVIE
FLICK AT 1:00
GRACE KELLY
MONTH

HIGH
SOCIETY
Friday, June 1st
TO CATCH A
THIEF
Friday, June 15th

THE SWAN
Friday, June 22nd
REAR
WINDOW
Friday, June 29th

Continued from page 5.

AFTERNOON, CAREGIVER SUPPORT GROUP

Needham Council on Aging and Senior Center

This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, (781) 455-7555 ext. 208

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info. call the Needham COA at 455-7555.

THE NEEDHAM COMMUNITY COUNCIL

Provides transportation to and for local errands, medical appointments and monthly trips to the Natick mall. They also have a medical loan closet. Call, 781-444-2415.

THE NEEDHAM RETIRED MEN'S CLUB

Meets on 2nd and 4th Tuesday of each month at the Presbyterian Church, 1458 Great Plain Avenue. This month's meetings will be on the 12th and 26th.

HAVE FUN IN THE SUMMERTIME ON ONE OF OUR TRIPS!

We were forced to cancel the trip to New London in May because of a lack of response in a timely manner. The Tour Companies require a list of all passengers, and payment for same, **two weeks prior** to the date of the trip. We only had ten people signed up for the New London trip although several additional people told me they intended to join us. From now on, **AS SOON AS YOU READ THE NOTICE OF A TRIP, PLEASE, CALL IMMEDIATELY.** You may drop off or mail your check (as soon as possible), **but I must have the names and choice of meal TWO WEEKS IN ADVANCE** of Trip, more when possible. We are very anxious to have as many as possible join us for our trips, just call in nice and early!

TRIP SCHEDULE

Trip #3 June 20th Deerfield Inn & Cruise on the Conn. River

\$56. PU Linden 8:00; SPC 8:15, 8:30 AM
Lunch: Boston Baked Scrod, Grilled Chicken,
& Pasta/Fresh Vegetable, Visit to Yankee
Candle. Return: Approx 6:00 pm. Deadline
for making a reservation is June 6th.

Trip #4 July 19th Bay Queen Cruise

Narragansett Bay, \$56. Lunch on Board,
Entertainment.

Trip #5 Aug. 15th Lobster Fest at Capt. Jacks, Gallilee, R.I.

Visit Providence Place Mall

MOST IMPORTANT OUR ANNUAL OVERNIGHT – SIGN UP NOW!!

Trip #6 Sept 24 to 27th Cape Cod

\$379: Double, \$459: Single, \$359: Triple
Please note, a \$75 deposit due on signing.
Brochures available in the office. **FOR ALL
TRIP INFORMATION CALL JEANNE
BLAKENEY, 781-455-7555, TUES,
WED, THURS, 9:30-3:30 PM**

JUNE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CALENDAR OF PROGRAMS AND EVENTS

Needham Council on Aging and Senior Center
83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.town.needham.ma.us

Offsite Locations of Programs

- #1 Charles River YMCA • 380 Chestnut Street
#2 Needham Public Library • 1139 Highland Avenue
#3 Avery Crossings Assisted Living • 110 West Street

Please Note: Items in bold indicate that sign-up is required.

<p>4</p> <p>9:00 Tai Chi 10:00 Walking Club at Wellesley 11:30 Mystery Lunch Trip 11:45 Lunch: American Chop Suey or Chicken Patty 1:00 Advisory Committee 1-4 Men's Drop-in Bridge 1:15 Hillside Band 1:15 Living with Loss</p>	<p>5</p> <p>9:15 Women's Drop-in Bridge 9:30 Chronic Disease Self-Management Class 10:30 Creative Writing 11:45 Lunch: Roast Turkey or Roast Beef and Cheese Sandwich 12:30 French 12:30 Ping-Pong 1-4 Men's Drop-in Bridge 1:30 Women's Cribbage 1:30 Canasta</p>	<p>6</p> <p>9-12 Keep Well Clinic 10:00 Hearts Card Game 11:45 Lunch: Chicken Quarter or Turkey Sandwich 12:15 Weight Watchers 1-4 Men's Drop-in Bridge 1:30 Reading Comes Alive 2:30 Better Balance Class</p>	<p>7</p> <p>9:30 COA participant Registration day! 10:00 Whist 10:00 Knitting 10:30 Piano Lessons 11:00 Fishing for Health Lecture 11:45 Lunch: Meatloaf or Seafood Salad Sandwich 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 1:00 Men's Cribbage 2:00 Ballroom Dancing #1</p>	<p>8</p> <p>9:15 Basic Spanish Class 9:15 Quilting 11:00 Walking Club at Needham 11:45 Lunch: Pier 17 Fish or Egg Salad Sandwich 12:00 Computer Lessons 1-4 Men's Drop-in Bridge 1:30 It's Friday Entertainment Live with the Golden Tones NO BOARD GAMES TODAY NO MOVIE TODAY</p>
<p>11</p> <p>9:00 Tai Chi 9:00 Walking Club at Wellesley 11:30 Mystery Lunch Trip 11:45 Lunch: Tuna Noodle Casserole or Roast Beef and Cheese Sandwich 1-4 Men's Drop-in Bridge 1:15 Living with Loss 1:00 MBTA Passes</p>	<p>12</p> <p>9:15 Women's Drop-in Bridge 9:30 Chronic Disease Self-Management Class 10:30 Current Events 11:45 Lunch: Hot Dog or Tuna Salad Sandwich 12:00 Lunch and Learn "Financial Planning and Elder Law" 12:30 French 12:30 Ping-Pong 1-4 Men's Drop-in Bridge 1:30 Women's Cribbage 1:30 Canasta</p>	<p>13</p> <p>10:00 Hearts Card Game 11:45 Lunch: Chicken Marsala or Chef Salad with Turkey 1-4 Men's Drop-in Bridge 1:30 Father's Day Celebration 2:30 Better Balance Class NO READING COMES ALIVE PROGRAM TODAY</p>	<p>14</p> <p>9:30 SHINE meeting 10:00 Whist 10:00 Knitting 10:30 Piano Lessons 11:45 Lunch: Father's Day Special Italian Pot Roast 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 1:00 Men's Cribbage 2:00 Ballroom Dancing #1 7:15 COA Board Meeting</p>	<p>15</p> <p>9:15 Basic Spanish Class 9:15 Quilting 10:00 Low Vision Group 11:45 Lunch: Stuffed Pepper or Turkey Salad Sandwich 12:00 Computer Lessons 1-4 Men's Drop-in Bridge 1:00 Board Games 1:00 Movie: To Catch a Thief NO WALKING CLUB TODAY</p>
<p>18</p> <p>9:00 Tai Chi 11:30 Mystery Lunch Trip 11:45 Lunch: BBQ Beef Rib or Turkey and Cheese Sandwich 1-4 Men's Drop-in Bridge 1:15 Living with Loss</p>	<p>19</p> <p>9:15 Collate the Compass 9:30 Chronic Disease Self-Management Class 10:30 Creative Writing Group 11:45 Lunch: Chicken Divan or Roast Beef and Cheese Sandwich 12:30 French 12:30 Ping-Pong 1-4 Men's Drop-in Bridge 1:30 Women's Cribbage 1:30 Canasta NO WOMEN'S DROP-IN BRIDGE TODAY</p>	<p>20</p> <p>9-12 Keep Well Clinic 10:00 Hearts Card Game 11:45 Lunch: Shepherd's Pie or Ham Salad Sandwich 1-4 Men's Drop-in Bridge 1:30 Reading Comes Alive 2:30 Better Balance Class Trip to the Deerfield Inn</p>	<p>21</p> <p>9:15 TRIAD Meeting 10:00 Whist 10:00 Knitting 10:30 Piano Lessons 11:45 Lunch: Fish Florentine or Chicken Salad Sandwich 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 1:00 Men's Cribbage 2:00 Ballroom Dancing #1</p>	<p>22</p> <p>9:15 Basic Spanish Class 9:15 Quilting 11:00 Walking Club at Needham 11:45 Lunch: Beef Burgundy or Seafood Salad Sandwich 12:00 Computer Lessons 1-4 Men's Drop-in Bridge 1:00 Board Games 1:00 Movie: The Swan</p>
<p>25</p> <p>9:00 Tai Chi 9:00 Walking Club at Wellesley 9-4 Pool Tournament Part I of II 11:45 Lunch: Roast Turkey Dinner or Ham and Cheese Sandwich 1-4 Men's Drop-in Bridge 1:15 Living with Loss</p>	<p>26</p> <p>9:15 Women's Drop-in Bridge 10:15 Senator Brown's Aide 10:30 Current Events Group 11:45 Lunch: BBQ Chicken Quarter or Turkey Sandwich 12:30 French 12:30 Ping-Pong 1-4 Men's Drop-in Bridge 1:30 Women's Cribbage 1:30 Canasta</p>	<p>27</p> <p>9-4 Pool Tournament Part II of II 10:00 Hearts Card Game 11:45 Lunch: Fish Sandwich or Roast Beef and Cheese Sandwich 1-4 Men's Drop-in Bridge 1:30 Reading Comes Alive 2:30 Better Balance</p>	<p>28</p> <p>10:00 Whist 10:00 Knitting 10:30 Piano Lessons 11:45 Lunch: Stuffed Shells or Tuna Salad Sandwich 12:00 Computer Lessons 12:30 Ping-Pong 1:00 Duplicate Bridge 1:00 Men's Cribbage 2:00 Ballroom Dancing #1</p>	<p>29</p> <p>9:15 Basic Spanish Class 9:15 Quilting 11:00 Walking Club at Needham 11:45 Lunch: Meatloaf or Chicken Patty Sandwich 12:00 Computer Lessons 1-4 Men's Drop-in Bridge 1:00 Board Games 1:00 Movie: Rear Window</p>

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Chairman

Carol deLemos
Vice Chair

Roma Jean Brown

Morrie Dettman

Colleen Schaller

Dan Goldberg

Helen Hicks

Andrea Rae

Derrek Shulman

Nina Silverstein

Betsy Tedoldi

Mary Elizabeth Weadock

VISIT US ONLINE AT:
www.town.needham.ma.us/coa

Read this newsletter in your choice of easy-to-read formats.

**FRIENDS OF THE
NEEDHAM ELDERLY, INC.**

83 Pickering Street
Needham, MA 02492

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